ES TREADMILLS

TRUE®

A Rugged Beauty

The new TRUE® ES treadmills are stylish, yet rugged machines offering superior durability, performance and innovation. The sweeping hydroformed pedestals are fabricated from solid steel plates which sit on a roll-formed steel frame for unmatched strength and stability. The TRUE ES treadmills are designed to be the best, for those who demand the best.

Effective, Inspiring Workouts

The TRUE ES treadmill is equipped with a digital contact heart rate monitoring system and a Polar® wireless system to assist you in maintaining your optimal heart rate to maximize your workouts. Whether you're looking to lose weight or increase cardio endurance, heart rate training is a crucial element in achieving your goals because weight loss requires you to maintain a lower heart rate than a cardio endurance regimen.

Simple Elegance

The ES treadmills deliver a complete exercise experience through touch-sensitive controls and an easy-to-read LCD screen elegantly displayed in its wrap-around console. Available components such as Quick Keys and My Wheel™ allow you to program, customize and adjust your workout safely with a simple stroke of your finger. Creature comforts also include a TRUE Fidelity™ five-speaker audio system (ES9.0 and ES7.0) and personal cooling fans (ES9.0 and ES5.0).

Cushions Every Stride

TRUE's patented Soft System® offers the most biomechanically correct running surface available. Neoprene shock absorbers in the front third of the deck cushion each foot strike while the back of the deck provides a firmer surface, allowing for a stronger push off with each stride. TRUE Soft Select™ allows you to manually adjust deck firmness to a level that is ideally suited to you.

Guaranteed Return On Your Investment

Every TRUE ES treadmill is manufactured with commercial-grade materials and the finest components for maximum durability. Your TRUE ES treadmill is designed to go the distance thanks to its solid steel frame and reliable QDrive™ Motor...both carry a lifetime warranty. All other premium components are covered for 10 years and we provide additional peace of mind with a two year service warranty from the date of purchase.

"The strongest home model treadmill we have ever seen out of TRUE. With the intuitive interface, TRUE has a winner..."

Treadmill Doctor
The Most Trusted Name In Fitness Equipment
BEST BUY 2008

truefitness.com / 800.426.6570 / 1.636.272.7100

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ES TREADMILLS

TRUE

ES9.0 CONSOLE

ES7.0 CONSOLE

ES5.0 CONSOLE

	ES9.0	ES7.0	ES5.0
SPEED RANGE	0-12 mph (0-19 kph)	0-12 mph (0-19 kph)	0-12 mph (0-19 kph)
INCLINE RANGE	-3 to 15%	0 to 15%	0 to 15%
SOFT SELECT SYSTEM	8 Adjustable Positions	8 Adjustable Positions	8 Adjustable Positions
ORTHOPEDIC BELT	Optional	Optional	Optional
MOTOR	3 hp DC QDrive	3 hp DC QDrive	3 hp DC QDrive
DISPLAY TYPE	Dual Window Custom LCD	Dual Window Custom LCD	Single Window Custom LCD
DATA READOUTS	Speed, Incline, Elapsed time, Distance, Pace, Heart Rate, Time Remaining, METs, Calories, Target Heart Rate	Speed, Incline, Elapsed time, Distance, Pace, Heart Rate, Time Remaining, METs, Calories, Target Heart Rate	Speed, Incline, Elapsed time, Distance, Pace, Heart Rate, Time Remaining, METs, Calories, Target Heart Rate
MESSAGE CENTER	17 Characters	17 Characters	17 Characters
HEART RATE MONITORING	Contact (Digital) + Wireless	Contact (Digital) + Wireless	Contact (Digital) + Wireless
HRC (HEART RATE CONTROL)® WORKOUTS	4 Distance Based HRC, 5 Target HRC, 5 Interval HRC	4 Distance Based HRC, 5 Target HRC, 5 Interval HRC	5 Target HRC, 2 Interval HRC
HRC PLANNER™ (CUSTOMIZED 21-24 WEEK WORKOUT)	YES	YES	YES
HRC CRUISE CONTROL™	YES	YES	YES
WORKOUTS	Calorie Burn, Hill Intervals, Speed Intervals (2), Speed Ramp, Glute Buster, Leg Shaper, Cardio Challenge, 3 User Defined	Calorie Burn, Hill Intervals, Speed Intervals(2), Speed Ramp, Glute Buster, Leg Shaper, Cardio Challenge, 3 User Defined	Calorie Burn, Hill Intervals, Speed Intervals (2), Speed Ramp, Glute Buster, Leg Shaper, Cardio Challenge, 3 User Defined
FITNESS TESTS	Gerkin Protocol	Gerkin Protocol	Gerkin Protocol
QUICK SPEED KEYS	YES	YES	YES
QUICK WORKOUT KEYS	Walk (3 mph), Walk + Run (3 mph/6 mph), Run (6 mph)	Walk (3 mph), Walk + Run (3 mph/6 mph), Run (6 mph)	Walk (3 mph), Walk + Run (3 mph/6 mph), Run (6 mph)
COOL DOWN FEATURE	Automatic based on intensity level	Automatic based on intensity level	Automatic based on intensity level
MY WHEEL™	YES	YES	YES
5-SPEAKER PREMIUM FIDELITY AUDIO SYSTEM	5" ported bass reflex speaker, 4" mid-ranges and 1" tweeters	5" ported bass reflex speaker, 4" mid-ranges and 1" tweeters	NO
iPOD®/MP3 CONNECTIVITY	30 pin cable and 3.5 mm cable	30 pin cable and 3.5 mm cable	NO
PERSONAL COOLING SYSTEM	YES	NO	YES
BALANCE BAR CONTROL PAD	YES	YES	YES
POWER SOURCE	120V @ 15A - Dedicated NEMA 5-15 Power Receptacle	120V @ 15A - Dedicated NEMA 5-15 Power Receptacle	120V @ 15A - Dedicated NEMA 5-15 Power Receptacle
FRAME	Robotically Welded, Powder Coated Steel Frame	Robotically Welded, Powder Coated Steel Frame	Robotically Welded, Powder Coated Steel Frame
TREADBELT AREA	22"W x 60"L (56 cm x 152 cm)	22"W x 60"L (56 cm x 152 cm)	22"W x 60"L (56 cm x 152 cm)
FOOTPRINT	30"W x 80"L (76 cm x 203 cm)	30"W x 80"L (76 cm x 203 cm)	30"W x 80"L (76 cm x 203 cm)
TREADMILL WEIGHT	365 lbs (165 kg)	355 lbs (161 kg)	340 lbs (154 kg)
MAXIMUM USER WEIGHT	400 lbs (181 kg)	400 lbs (181 kg)	400 lbs (181 kg)
WARRANTY	Frame (Lifetime), Motor (Lifetime), Parts (10), Labor (2)	Frame (Lifetime), Motor (Lifetime), Parts (10), Labor (2)	Frame (Lifetime), Motor (Lifetime), Parts (10), Labor (2)

***Specifications subject to change without notice**